

Boulder Senior Services™

Winter 2013/2014
December, January
and February



NEW
Directions
& Trends
FOR SENIORS

**W-D 40 for Joints,
Lower Backs and
Power-Brains, Dec. 6**
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**Denver
Art Museum,
Jan. 14**
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**AARP
TAX-AIDE,
Feb. 4 – April 10**
Page 25

**Valentine's Day
Member Appreciation
Event, Feb. 14**
Page 3

location, location, location.

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- Medicaid Planning and Eligibility
- Estate Planning/Wills and Trusts
- Advance Directives/Powers of Attorney/Living Wills
- Guardianships and Conservatorships
- Probate (Estate) Administration and Disputes
- Disability Planning and Special Needs Trusts

2595 Canyon Blvd., Suite 330
Boulder, CO 80302

303-449-5602

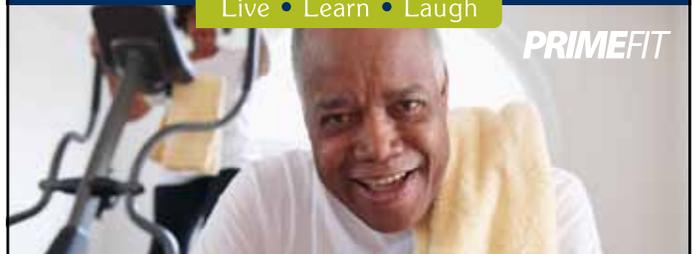
brandon@elderlawboulder.com
www.elderlawboulder.com

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Cover photo: Carlyne Larson, Mary Ellen Bell, Dave Davies, Frances Morgan, Bobbie Flexer and Chuck Parker of the Fit & Strong Intermediate fitness class participated in the 2012 Bolder Boulder.

Volume 15, No. 4

Boulder Senior Services

A division of the City of Boulder's Department of Human Services

Senior Services Mission: To foster the engagement and well-being of older adults and promote a positive image of aging through community collaboration and excellent services.



Limited number of spaces available to wheelchair users.



Seniors are welcome to bring young friends to this intergenerational activity.



Assistive Listening Devices now available free while you attend a senior center activity. Please notify staff in advance.

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HUMAN SERVICES



OUR MISSION:

TO CREATE A HEALTHY,
SOCIALLY THRIVING, INCLUSIVE COMMUNITY
BY PROVIDING AND SUPPORTING
HUMAN SERVICES
TO BOULDER RESIDENTS IN NEED



CITY OF BOULDER

Service excellence for an inspired future

CUSTOMER SERVICE • RESPECT • INTEGRITY
COLLABORATION • INNOVATION

City of Boulder Department of Human Services

DEPARTMENT VISION: A healthy, diverse and sustainable community in which all residents are successful and contributing members.

HUMAN SERVICES PLANNING MISSION: To research, evaluate and implement innovative social policy through regional, collaborative planning and community funding.

COMMUNITY RELATIONS AND OFFICE OF HUMAN RIGHTS MISSION: To protect civil rights, facilitate positive community relations and promote social equity policy.

CHILDREN, YOUTH AND FAMILIES MISSION: To support children, youth and families through regional collaborative planning, community funding and quality programs.



WEST SENIOR CENTER

8 a.m. – 4:30 p.m., Monday – Friday
 Lunch at Café Classico,
 11:30 a.m. to 12:30 p.m., Monday – Friday, \$5.00
 Tuesday night dinners, 5:30 p.m. by reservation, \$6.00
 909 Arapahoe Avenue • Boulder, CO 80302 • 303-441-3148



EAST SENIOR CENTER

7:30 a.m. – 4:30 p.m., Monday – Friday
 5660 Sioux Drive • Boulder, CO 80303 • 303-441-4150

EAST AND WEST SENIOR CENTERS **CLOSED:**

Christmas — Tuesday, Dec. 24 and Wednesday, Dec. 25
 New Year's — Tuesday, Dec. 31 and Wednesday, Jan. 1
 Martin Luther King Day — Monday, Jan. 20
 President's Day — Monday, Feb. 17

Room Rentals

Both the East and West Senior Centers have a number of rooms of different sizes that are available for rent for your event, party or meeting.



*Beth Bovard,
 Senior Services
 Facility Booking*

For information about room rentals at either center, please visit www.boulderseniorservices.com, call 303-413-7487 or email us at seniorfacilities@bouldercolorado.gov.

SENIOR SERVICES STAFF

Manager,
 Betty Kilsdonk..... 303-441-4365

Encore Program..... 303-441-4437

Program Coordinator: Trips and Travel, Classes
 Ellen Bartilet..... 303-441-3915

Program Manager: Health and Wellness
 Maureen Dobson..... 303-413-7489

Senior Resources:
 Jodi Ansell and Jacki Myers 303-441-4388
 Elena Levy — Bilingual..... 303-441-3918

Operations Coordinator,
 Renee Foote..... 303-441-4438

Reception and registration, West Senior Center,
 Jay Allen, Naren Tayal 303-441-3148

Reception and registration, East Senior Center,
 DeLana Gorski, Dan Riggan 303-441-4150

Communications,
 Robin Pennington..... 303-413-7487

Facility Booking,
 Beth Bovard..... 303-413-7487

Finance,
 Monica Richtsmeier 303-441-4389

www.boulderseniorservices.com

Valentine's Day: Encore/SilverSneakers® Member Appreciation

Please join us for this special Valentine's Day Member Appreciation with our Encore and SilverSneakers members. Entertainment will be provided by our very own acting class from Senior Services. Our actors and actresses will perform short plays for us on various themes about love (falling in love, memories about love, and/or meeting old loves again). Refreshments provided. Please register to reserve your space.

Location:.... East Boulder Senior Center

Date: Friday, Feb. 14 • 2 to 3:30 p.m.

Fee:..... Free to SilverSneakers and Encore members; please register to reserve your space

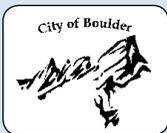
General Public \$5

Course Code:..... 206486



Boulder seniors enjoyed the ice cream social last July, served up by Senior Services staff and fitness instructors.

The City of Boulder, Division of Senior Services does not endorse or recommend any of the products or services advertised in this publication. Please call the District Attorney's Office of Consumer Affairs, 303-441-3700 or the Attorney General's office, 303-866-5225. En español, 303-866-4828 with questions.



"The City of Boulder, Division of Senior Services, serves individuals regardless of ancestry, color, creed, gender variance, genetic characteristics, marital status, mental disability, physical disability, race, religion, sex and sexual orientation."

Anyone who believes they have been subject to discrimination can call 303-441-3148 or 303-441-4150.

HELPING BOULDER'S SENIORS

There are many areas where public funds are not available to provide specific assistance to seniors who do not qualify for help from other agencies. Boulder Seniors Foundation accepts and administers financial grants, bequests, memorials and gifts used to support many services and activities for seniors in Boulder. For more information on the Foundation and how you can help, visit www.sites.google.com/site/boulderseniorsfoundation/. Thank you for your support.

Boulder Seniors Foundation



Senior Wisdom

Your attitude is really important. As you grow older, you tend to dwell on things that maybe you shouldn't. We all need to make an effort to keep a good attitude.



Please consider supporting Boulder Seniors Foundation

**Mail gifts to: P.O. Box 1392
Boulder, CO 80306-1392**

A Note from Boulder Senior Services

The new year brings an array of opportunities for you to explore the latest trends for older adults. Current research in the science of aging, coupled with your feedback and backed by information on our city's changing senior demographic have led to some fresh ideas on what we offer. Even better, our new **Coffee Talk and Wellness Seminar Introduction Programs** let you sample new offerings without cost or commitment. Here's a look at what's new, what's on trend and how you can participate.

Aging in place, a philosophy of Boulder Senior Services for many years, is now trending nationwide. Our goal is to connect you to a community-based network of care from which you can choose to help you increase your capacity to stay in your home for as long as possible. See page 7 for a sampling of resource and service providers who can help with information and assistance.

Older adults are participating longer in the workforce for a variety of reasons, including the downturn in the economy, financial responsibilities for both parents and children, the desire and ability to work longer due to longer life spans and better health, and the longing by some to recareer by connecting to one's passion. See page 26 for a workshop on recareering and job-seeking strategies for today's market.

Studies continue to stress the importance of physical emotional, mental and spiritual health for the well-being of older adults. In addition to expanded SilverSneakers offerings, look for classes on brain fitness on page 30. And check out *Forever Fit*, a series of new fitness classes on Boulder Channel 8 featuring your favorite Senior Services instructors. Check BoulderChannel8.com for listings.

Researching the best new trends in senior services and other human services programs is just part of a multi-year project to create a new Human Services Strategy for the City of Boulder. The

2006-2015 Housing and Human Services Master Plan has served as a blueprint for the operations of the Human Services Department, including Boulder Senior Services, since City Council adopted it on November 8, 2005. To meet the changing needs of the community and increase alignment with regional policy, the department is beginning a process to update this plan and create a new Human Services Strategy to guide its work.

Community engagement is important to us and we will be asking for your ideas to help us identify the most important services the Human Services Department and the Senior Services Division should provide for the community. Please visit <https://bouldercolorado.gov/human-services-plan> for updates on the Human Services Strategy planning process and information on how you can get involved.



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- Recreational Outings
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720.652.9078

Call for a Free Assessment

Complimentary parking permits available for West Senior Center

Parking is free for participants 55 and older while inside the West Senior Center. Bring your I.D. and your vehicle registration to the front desk to get a parking sticker. Sign up once and you won't have to renew again for the same vehicle. Day passes are also available. Those using the parking lot but not inside the West Senior Center may be ticketed.

Age Guidelines

You may participate in Senior Services programs at age 55. Senior Resources consultations are available for those ages 60 and up and their family members. We have a list of agencies that are available to help those under 60 who are in need.

Beginning Dec. 1, individuals under age 55 may register for activities. A caregiver for a senior may register at the same time as the senior and pay the senior fee.



Meet Naren Tayal, front desk reception at the West Senior Center, and Monica Richtsmeier, Senior Services Finance.

West Senior Center Suffers Flood Damage



Special Note: The West Senior Center was extensively damaged during the September flood which occurred in Boulder. As this magazine went to press, the city was working on repairs and reconstruction to make the facility safe again to open to the public. Please check our website, www.boulderseniorservices.com, for the most current information. Many classes and programs had to be moved or cancelled due to the facility closure. We appreciate your patience and extend our condolences for any losses you may have suffered in the disaster.



Senior Services welcomed Elena Levy as a part-time Senior Resources Specialist focusing on bilingual outreach in September. Elena is bicultural, bilingual and biliterate in Spanish and English. She brings extensive education and work experience as a mental health technician, an assisted living facility co-director, events coordinator and as a paraprofessional in the school system.

servicios para personas de la tercera edad le dan la bienvenida a Elena Levy como la Especialista de Recursos, centrándose en el programa de asistencia a la comunidad bilingüe. Elena es bicultural y bilingüe en Español e Inglés. Ella trae una amplia educación y experiencia de trabajo como técnico de la salud mental, co-director de un centro de residencia asistida, coordinador de eventos y como asistente de maestro en el sistema escolar.

Senior Community Advisory Committee (SCAC)

The Senior Community Advisory Committee represents the broad public interest in providing consultation and expertise to the city via the staff of the Senior Services Division of the Human Services Department on policy and programs related to seniors. The SCAC meets every quarter at the West Senior Center. For more information, contact Betty Kilsdonk at kilsdonkb@bouldercolorado.gov or 303-441-4365.

Reduced Rate Program

The reduced rate program is for residents of Boulder over age 60 who meet income and asset guidelines. Please look for the "Reduced Rate Eligible" notation to tell you which trips are eligible for the reduced rate. Applicants must be approved prior to registering under the reduced rate option. For additional information and an application, stop by the front desk at either senior center or call 303-441-3148 or 303-441-4150.

Need Glasses?

The Boulder Seniors Foundation and the James B. Hynd Trust fund basic glasses for low-income seniors over age 60. Call Senior Resources staff at 303-441-4388 for more information.

City of Boulder Community Mediation Service 303-441-4364

Community Mediation Service provides mediation for seniors who are involved in a conflict, such as within the family or with caregivers. Trained mediators provide a neutral, confidential setting to assist individuals to communicate their issues and develop a written agreement. Nominal fee. We can discuss with you whether mediation might be helpful. 303-441-4364 or mediation@bouldercolorado.gov.

Boulder County Legal Services 303-449-7575

Free legal advice to those who qualify. By appointment the first and third Tuesday of each month from 1 to 3 p.m. at the West Senior Center.

Community Protection Services 303-441-3700

Community Protection Services are available through the Boulder County District Attorney's office. They provide advice and information on a wide range of consumer protection issues: identity theft, car repairs, contractor issues, elder financial exploitation, landlord/tenant problems, charitable fraud, credit, collections agencies, internet fraud, door-to-door solicitations and telemarketing, to name but a few. Staff members and volunteers are available Monday through Friday from 8 a.m. to 5 p.m. to answer questions, provide assistance, and investigate consumer complaints. Call 303-441-3700 for further assistance, or visit <http://www.bouldercounty.org/safety/victim/pages/dacpd.aspx>.

Rainbow Elders of Boulder County 303-441-3583

Boulder County Area Agency on Aging (BCAAA) will host the 13th Annual Lavender Gala at Nissi's Bistro, 2675 North Park Drive, Lafayette, on Sunday, Dec. 8 from 1 to 4 p.m. This event is a celebration for all Boulder County LGBTs (lesbian/gay/bisexual/transgender) age 60 and better — allies, friends and family are welcome.

Cost: \$15

RSVP by Nov. 29 to 303-441-1585 or at <http://lavendergala13.eventbrite.com>.

If you identify as a 'rainbow elder' (gay/lesbian/bisexual/transgender), please contact Nancy Grimes at the BCAA to be added to a confidential mailing list. infoLGBTelders@bouldercounty.org or 303-441-3583.



**Tune in
to 50Up!**

Celebrating aging with a focus on improving the quality of life for older adults in Boulder County.

We partner with Boulder County CareConnect and Channel 8 to provide this informative show that encourages healthy living among viewers 55 and better. The show explores a variety of health and wellness topics. Shows repeat throughout the month. Find the schedule on-line at <http://www.bouldercolorado.gov/files/Channel8/Schedules/current.pdf>.

Aging in Place Resources

A growing trend with older adults is aging in place. We are fortunate here in Boulder to have many community partners and agencies that make staying in your own home a more viable option. If you or someone you are caring for is considering aging in place, please call 303-441-4388 for a personalized consultation with a Senior Resources Specialist. Listed below are a few of the services and products available in Boulder.

There are also many private companies in Boulder that can provide services and products like medical alert systems, medication management, housekeeping, personal care, home modification, chef services, dog walkers and grocery delivery. There are physicians, hairstylists, foot care technicians and computer tutors who make house calls. Be on the lookout for “Thriving Independently at Home,” a community event taking place in the spring with vendors and agencies that specialize in helping people age in place.

Boulder County CareConnect 303-443-1933

Offers grocery delivery, rides to medical appointments requiring an escort, small home repairs, yard work and snow shoveling provided by volunteers.

Meals on Wheels of Boulder — Home Delivery 303-441-3908



Volunteer drivers bring meals to people of any age or income level who aren't able to provide at least one hot nutritious meal a day. Your entrée, sides and fruit or dessert, can be prepared to meet any dietary restrictions.

The fee is based on a sliding scale.

Center for People with Disabilities 303-442-8662

Can assist with ramps and low-vision equipment.

Via Mobility for Life 303-447-2848



Via provides accessible on-demand door to door transportation, individual and group travel training, and mobility options information and referral for older adults, people with disabilities, low-income individuals and others living with mobility limitations. Via provides service Monday through Friday from 7:30 a.m. to 5 p.m., plus limited weekend service. Fees vary by destination. Please call the Mobility Specialist for more information or go online at www.viacolorado.org. Via is a nonprofit organization.

Bill Payer/Paperwork Organizing Volunteers 303-441-4388

Provides volunteers for help with writing checks and organizing paperwork.

Peer Counseling 303-441-4388

Provides in-home counseling by volunteers.



Last spring's "Thriving Independently at Home" resource fair was a big success.

Peer Counselor Training in March, 2014

Apply to become a volunteer who supports those over age 60 through challenging life transitions or losses. If selected, complete an eight-week training session, then be matched one-on-one with an older adult, or train further to facilitate support groups. Weekly group supervision with the Mental Health Center Geriatric Team Clinician. One year minimum commitment. Applications are available at the Boulder Senior Centers, or call Helen at 720-406-3661.

STRETCH YOUR DOLLARS! HERE ARE SOME OPTIONS:

Financial:

- Respite Assistance Funds reimbursement requests are due by Dec. 30 303-678-6284
- PTC 104 Property Tax/Rent/Heat rebate due by Dec. 31 303-238-3278
- LEAP applications accepted November through April for heating assistance..... 303-678-6097
- Eldershare supplemental groceries twice a month 303-652-1307
- Loan Closet durable medical equipment is available for loan to older adults..... 303-441-3148

Homeowner:

- Senior Property Tax Deferral application is available late January, due April 1 303-441-3520
- Senior Property Tax Worker Program application is available in January, due mid-June..... 303-441-4923
- Veterans Property Tax Exemption if you are 100% disabled (January-August) 303-343-1268
- Mobile home repair program; income guidelines apply 720-864-6401
- Longs Peak Energy Conservation — free energy conservation safety checks, weatherization, plus upgrading heating, refrigerator, and water heater for qualified individuals 720-864-6401

Reduced Rent Housing Applications:

- Golden West Senior Living accepts applications for age 62+ 303-442-3967
- Presbyterian Manor accepts applications for age 65+..... 303-444-0642
- Boulder Housing Partners: public housing, Reduced Rent, and Section 8..... 720-564-4600

Meals on Wheels

In an effort to determine the changing needs of Boulder’s seniors, Meals on Wheels of Boulder recently commissioned in a survey of attitudes about aging, disability and food. The survey was conducted by Vermilion, a private marketing firm.



Many participants in the 55-75 age range, who were not yet facing lifestyle changes related to advanced aging or disability, had rarely considered the specifics of future care and support or visualized a future in which they would be dependent on others for food, cooking or nutrition.

Perceptions of Meals on Wheels of Boulder included appreciation for what the agency does for others but not its potential relevance in their own lives. They did not associate Meals on Wheels with a fresh and flavorful variety of nutritious choices. Boulder Meals on Wheels executive director Francea Phillips said, “Early in 2013, Boulder Meals on Wheels began examining its menus and recipes with those very qualities in mind. We sponsored a healthy cooking class in March and a special week devoted to freshness, flavor and nutrition ... As the headline of a recent article in The Daily Camera declared, we’re ‘not your father’s Meals on Wheels.’ ”

Information about services available from Meals on Wheels of Boulder — including current menus and a variety of healthy recipes — can be found at www.mowboulder.org.

See page 2 for information about Café Classico at the West Senior Center or visit www.boulderseniorservices.com and click on “Café Classico.”

Meals on Wheels of Boulder is an independent, local nonprofit service provider. Since its founding, it has prepared and served more than 1.85 million meals to individuals in Boulder who need a meal delivered to their home, regardless of their age or income.

IMPORTANT TELEPHONE NUMBERS

West Senior Center	303-441-3148
East Senior Center	303-441-4150
Access-A-Ride.....	303-292-6560
Accident Report	303-441-3333
Boulder County Area Agency on Aging	303-441-3570
Boulder County ARCH	303-441-1617
Boulder Housing Partners.....	720-564-4610
Boulder County Housing and Human Services Adult Protective Services.....	303-441-1000
CareConnect	303-443-1933
Care Link Adult Day Program.....	720-562-4470
Center for People with Disabilities.....	303-442-8662
Close Call Phone Line	303-441-4272
City of Boulder Information	303-441-3388
Eldershare Food Program.....	303-652-1307
Emergency Family Assistance	303-442-3042
Federal Government	1-800-FED-INFO
Fire Prevention/Safety	303-441-4355
Flu Shot Hotline.....	1-800-462-2911
Foot Care.....	303-651-5224
Meals on Wheels.....	303-441-3908
Medicare Counselors	303-441-1546
Mental Health Partners	303-443-8500
RTD	303-299-6000
Social Security Office	1-800-772-1213
Street Maintenance	303-413-7162
Veterans Services	303-441-3890
VIA Transportation	303-447-2848
Workforce Boulder County.....	303-301-2900

www.boulderseniorservices.com

Researching resources?
www.boulderseniorservices.com
 and www.bouldercountyhelp.org

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ONGOING ACTIVITIES

WEST SENIOR CENTER
909 ARAPAHOE AVENUE

MONDAY

Women's Support Groups

Two groups offered each Monday
Call for availability • 303-413-6377

Partner Duplicate Bridge

12:45 to 4 p.m. • Don, 720-565-6817

Beyond Vision Support Group

1 to 2 p.m.
Fourth Monday of each month
Beth, 720-308-3087

TUESDAY

Drop-in Table Tennis

10 a.m. to noon • Anna, 303-402-1620

Body-Mind Wellness for Women Cancer Survivors

10:45 to 11:30 a.m. • Dora, 720-841-8035

Healthy Relationships Support Group

11 a.m. to 12:30 p.m.
Second and fourth Tuesday of each month
Michelle, 303-673-9000 x109

Drop-in Scrabble

12:30 to 4:15 p.m. • Esther, 303-444-9201

Boulder County Legal Services

1 to 3 p.m., by appointment only
First and third Tuesday of each month
303-449-7575

WEDNESDAY

Men's Support Group (Peer Counseling)

First and third Wednesday of each month
If interested, please leave a message
303-413-6377

Friends and Newcomers Circle

10 to 11:30 a.m. • 303-441-4388

Care Link

SPECIALIZED
ADULT DAY PROGRAM

*Help for those
caring for loved ones*

Free Assessment
& Trial Visit
Meals & Snacks
Fun Structured Activities
Medication Assistance
Transportation Available
Daily Exercise

4900 THUNDERBIRD
BOULDER, CO 80303
720-562-4470



THURSDAY***Women's Support Group***

Call for availability
303-413-6377

World Affairs Discussion

9:30 to 11:30 a.m.
George, 303-442-3979

Drop-in Table Tennis

10 a.m. to noon
Anna, 303-402-1620

Poker

1:30 to 3:30 p.m.
2nd and 4th Thursdays
Gerry, 909-689-7083

Write On! (Writers Group)

1:30 to 3 p.m.
Second and fourth Thursday
of each month
Jacqui, 303-447-2931

Prize Winning Books Plus

2:30 to 4 p.m.
Second Thursday of each month
Donnie, 303-494-8644

Flatirons Mineral Club

7 to 10 p.m.
Second Thursday of each month
Gerald, 303-591-2830

FRIDAY***Shuffleboard***

9:30 to 11:30 a.m.
First time players welcome!
Whitey, 303-444-0302

Boulder National Active and Retired Federal Employees Association (NARFE)

10:30 a.m. to 2:30 p.m.
First Friday of each month
John, 303-443-6027

SATURDAY***Compassion and Choices of Boulder County Guest Speaker Series***

Meets every other month on Saturdays (does not meet in June or August)
10 a.m. to noon
Ray, 303-545-0273

**EAST SENIOR CENTER
5660 SIOUX DRIVE****MONDAY*****Newcomers Bridge***

12:30 to 4 p.m.
Alice, 303-494-8050

American Mah Jongg

1 to 4 p.m.
Please call before attending for the first time
Beth, 303-530-7565 or
Jean, 303-494-2307

Table Tennis (advanced group)

Monday and Friday afternoons
Dick, 303- 652-6524

TUESDAY***East Central Boulder Optimist Clubs***

9 to 11 a.m.
Lorna, 303-702-0748 or
Al, 303-499-9129

Parkinson's Support Group

10 a.m. to 11:30 a.m.
Third Tuesday of each month
Paul, 303-494-4822

Canasta

12:45 to 3:30 p.m.
Jean, 303-494-2307

WEDNESDAY***Widowed Persons Support Group***

Sponsored by TRU
Community Care
10 a.m. to noon
Fourth Wednesday
of each month
303-449-7740

Chinese Mah Jongg

1 to 3 p.m.
Bonnie, 303-499-6192

THURSDAY***Cribbage***

8:30 to 11 a.m.

Alzheimer's Support Group

Noon to 1:30 p.m.
First Thursday of each month
Anne, 720-251-1743

Practice Bridge

12:45 to 4 p.m.
Ann, 303-516-9489

FRIDAY***Table Tennis (advanced group)***

Monday and Friday afternoons
Dick, 303-652-6524

Texas Hold 'em

1:30 p.m.
Brenda, 303-499-3763

Dance Club (ballroom dance with music by Tom Yook)

2 to 4 p.m.
First and third Friday
of each month
Adele, 303-494-9167



Day trips help meet seniors' needs for social and civic engagement and provide safe transportation.

Alpine Skiing, Nordic Skiing and Snowshoeing Transportation

RTD Senior Ride, Eldora Mountain Resort and Boulder Senior Services collaborate to offer seniors (65+ years) skiing transportation on Tuesdays beginning Jan. 7 and continuing through March 25, 2014. No reservations are required — just show up early.

The cost for the round-trip RTD Senior Ride motor coach to Eldora is \$5 for those 65 years+ and \$10 for all other ages. The buses will pick-up at the East Senior Center promptly at 9:00 a.m. Please park and wait prior to 9:00 a.m. in the parking lot near the soccer fields, west of the tennis courts. The bus will leave from Eldora promptly at 2:15 p.m. for return to the East Senior Center. If you have any questions regarding this program, please call Ellen at 303-441-3915.

QUOTABLES

Nobody can go back and start a new beginning, but anyone can start today and make a new ending.

~ Maria Robinson

QUOTABLES

In seed time learn, in harvest teach, in winter enjoy.

~ William Blake

Helpful Tips for Day Trips

All trips will leave from the East Boulder Community Center located at 5660 Sioux Drive in Boulder, unless noted. For Monday through Friday trips, check in with the escort in the lobby of the Senior Center. For weekend trips, check in with the escort in the Recreation wing lobby.

See page 36 for registration information. Advance registration is required for all day trips. Boulder Senior Services reserves the right to cancel any trip if minimum registration is not met.

There are several ways that you can help make the trip program run more smoothly:

- When you register, please let us know if you have special needs.
- Check in with the escort at the designated location.
- **Please arrive at least 15 minutes before trip departure** so that everyone can be checked in, boarded on the bus and the trip can depart at the designated time.
- If you need to cancel a trip on the day of the event, please call either the East Center at 303-441-4150 or the West Center at 303-441-3148. Both centers are open by 8 a.m. Monday through Friday, except holidays and closures, and staff will be able to contact the trip escorts and inform them of your cancellation. There is no guarantee of refunds.
- Be prepared to share a bench as most of our trips run full.
- **Return times are approximate.** Please do not schedule appointments close to return times as we can not anticipate when delays may occur.
- If you have questions about the physical demands of the trip please ask before registering.





*We will be returning to a couple of our favorite Italian restaurants from the past and try out a new restaurant which is highly recommended. We will visit the all-you-can-eat buffet we have enjoyed several times at Cinzetti's. We have also been to Maggiano's before and our group really enjoyed their family-style, four-course dining in a beautiful building. Cucina Colore is a newer, upbeat modern dining Italian restaurant in Denver. **Buon Appetito!***

Cinzetti's, Northglenn

BACK BY REQUEST

When you enter the Tuscan villa setting of Cinzetti's, you will find yourself selecting from the fresh Italian food offered at 14 exhibition cooking stations. There are around 80 items on display and all are yours for the sampling. Experience as many different dishes as you choose. If you still have room, finish off your meal the with fresh pastries or the 16 flavors of gelato and ice cream.

Date: **Tuesday, Dec. 3**
 11 a.m. to 2 p.m.

Fee:..... **City Resident\$20**
Non-Resident\$25

Includes transportation, trip escort, lunch and gratuity. Senior Services bus.

Course Code:...205982

Cucina Colore, Denver



This restaurant, located in the heart of Cherry Creek, offers contemporary Italian cuisine with a choice of flatbread sandwiches, wood-fired pizzas, pastas and innovative main dishes. The emphasis is on freshness with seasonal ingredients.

Date: **Friday, Jan. 10**
 11 a.m. to 2 p.m.

Fee:..... **City Resident\$40**
Non-Resident\$45

Includes transportation, trip escort, lunch and gratuity. Senior Services bus.

Course Code:...205983

Maggiano's Little Italy, Denver

BACK BY REQUEST

Maggiano's offers an Italian-American tradition of family-style dining where the plates do not stop coming until everyone has had their fill. They pack up all the leftovers and you can have another day's meal. The four-course meal includes a selection of appetizers, salads, four main-course plates and choice of two desserts.

Date: **Tuesday, Feb. 11**
 10:30 a.m. to 2:30 p.m.

Fee:..... **City Resident\$50**
Non-Resident\$55

Includes transportation, trip escort, four-course meal and gratuity. Senior Services bus.

Course Code:...205984



Disney on Ice “Rockin’ Ever After,” Denver 

REDUCED RATE ELIGIBLE

Rock the ice with Mickey, Minnie, Donald and Goofy as they host a talent showcase overflowing with some of the best acts from around the globe. Family members of all ages will be delighted with the exciting acts and traditional Disney stories in this brand-new ice spectacular.

Date: Friday, Dec. 6
10 a.m. to 2 p.m.

Fee:..... City Resident \$20
Non-Resident \$25

Includes transportation, trip escort and admission. No meal service. RTD motor coach.

Course Code:.....205985

“A Christmas Carol” — the Musical And Lunch at the Arvada Center 



This performance of “A Christmas Carol” is a musical rendition that will bring the joy of the holiday to the entire family. Prior to the performance, attendees will enjoy a wonderful buffet-style lunch catered by the Arvada Center.

Date: Wednesday, Dec. 11
10:30 a.m. to 4:30 p.m.

Fee:..... City Resident \$65
Non-Resident \$70

Includes transportation, trip escort, luncheon and theatre performance. RTD motor coach.

Course Code:.....205987

“A Christmas Carol,” Stage Theatre, Denver 



This rendition of “A Christmas Carol” will be performed by the Denver Theatre Group at the small, intimate Stage Theatre. All seats have excellent viewing.

Date: Saturday, Dec. 14
Noon to 5 p.m.

Fee:..... City Resident \$40
Non-Resident \$45

Includes transportation, trip escort and theatre admission. No meal service. Senior Services bus.

Course Code: 205988

With Lafayette Senior Services

Denver History Tours “Holiday Lights” and White Fence Farm

BACK BY REQUEST

We will begin our holiday tour with dinner at the White Fence Farm in Denver. The menu includes fried chicken, four sides, mashed potatoes and corn fritters. Included is a sundae and coffee, tea or lemonade. We will spend a short time afterwards in their gift shop, then will be off to Lakewood (a new tour) to see the homes decorated with beautiful holiday lights.

Date: Tuesday, Dec. 17
4 to 10 p.m.

Fee:..... City Resident \$45
Non-Resident \$50

Includes transportation, trip escort, Denver History Tours guide, dinner and gratuity. Senior Services bus.

Course Code:.....205986

QUOTABLES

Be the change you want to see in the world. ~Mahatma Gandhi

Denver Zoo Lights



Enjoy the best of both worlds when visiting the Denver Zoo decorated with holiday lights. Visit the many different animals throughout the grounds while you enjoy the beautiful lights of the season. If you get hungry, there are several dining venues on the premises (on your own).

Date: **Friday, Dec. 20**
4 to 9 p.m.

Fee:..... **Encore Resident**..... \$25
City Resident \$30
Encore Non-Resident..... \$35
Non-Resident \$40

Includes transportation, trip escort and zoo admission. Senior Services bus.

Course Code:.....205989

New Year's Eve at Noon — Bull Durham Casino, Black Hawk

This year our annual New Year's Eve casino trip will be to the Bull Durham Casino. At the stroke of noon, we will celebrate the 2014 New Year! The casino plans to have a very festive party for all.

Date: **Tuesday, Dec. 31**
9 a.m. to 3 p.m.

Fee:..... **City Resident** \$20
Non-Resident \$25

Includes transportation, trip escort and casino package. Motor coach.

Course Code:.....205991

National Western Stock Show and Mexican Rodeo Extravaganza



Join Boulder Senior Services at the 2014 National Western Stock Show in Denver. Included in the admission are numerous exhibits and the thrilling Mexican Rodeo. If you have been before, you know how much fun and entertaining it is for the whole family. If you have not, now is the time.

Date: **Sunday, Jan. 12**
10 a.m. to 5 p.m.

Fee:..... **Encore Resident**..... \$35
City Resident \$40
Encore Non-Resident..... \$45
Non-Resident \$50

Includes transportation, trip escort, admission to Stock Show and Mexican Rodeo. Food on your own. Senior Services bus.

Course Code:.....205992

"Passport to Paris" — Denver Art Museum



"Passport to Paris" brings together works from the stars of the art world: Claude Monet, Edgar Degas, Camille Pissaro, Henri de Toulouse-Lautrec, Pierre-Auguste Renoir, Paul Cezanne, Vincent Van Gogh and more. A trio of shows focuses on French art from the late 1600s to early 1900s and explores changes in art and society during three important centuries in art history. Included in the exhibit are Court to Café: Three Centuries of French Masterworks (50 masterpieces), Nature as Muse: Impressionist Landscapes (36 artworks), and Drawing Room: An Intimate Look at French Drawings (39 works).

Date: **Tuesday, Jan. 14**
10 a.m. to 3 p.m.

Fee:..... **City Resident** \$40
Non-Resident \$45

Includes transportation, trip escort, admission to Denver Art Museum including "Passport to Paris" and docent-led tour guide. Food on your own. Senior Services bus.

Course code:.....205993

QUOTABLES

*Change begets change.
Nothing propagates so fast.*

~ **Charles Dickens**

All Things \$\$ — Money Museum at the Federal Reserve Bank and United States Mint

Tour the Federal Reserve Bank and the United States Mint in Denver. The Money Museum explores the Fed's role in the regional and national economy. There is an interactive exhibit area which includes \$30 million on display and historical currency. We will stop for a quick lunch (on your own) and then go to the U.S. Mint where they print money.

Date: Tuesday, Jan. 21
8 a.m. to 4 p.m.

Fee:..... City Resident \$20
Non-Resident \$25

Includes transportation, trip escort, and museum admissions. Senior Services bus.

Course Code:.....205994

Greenbriar Inn Brunch BACK BY REQUEST

Housed in a large, beautiful house just outside of downtown Boulder, the Greenbriar offers an extensive Sunday buffet brunch with traditional and unique offerings. Included in the brunch will be oysters on the half-shell, omelets, eggs Benedict, quiche, Belgian waffles, chef-carved lamb, prime rib, ham and turkey. There are the usual breakfast items and many different dessert pastries.

Date: Sunday, Jan. 26
11 a.m. to 1:30 p.m.

Fee:..... City Resident \$35
Non-Resident \$40

Meet in the lobby of the Greenbriar Inn, 8735 N. Foothills Hwy., Boulder by 10:45 a.m. Includes trip escort, brunch and gratuity.

Course Code:.....205995

Central City "Mystery" Casino

It is time we travel back to Central City to gamble and eat at one of the local casinos there. One month prior to the trip, it will be revealed which casino we will be going to. We hope you like it.

Date: Tuesday, Feb. 4
9 a.m. to 3 p.m.

Fee:..... City Resident \$20
Non-Resident \$25

Includes transportation, trip escort and casino package. Food on your own. Motorcoach transportation.

Course Code:.....205996

Wildflowers Tea Room, Broomfield



We will visit the Wildflowers Tea Room for High Tea which will include homemade scones with English Devonshire cream, soup or salad, finger sandwiches, hors d'oeuvres and assortment of desserts. A selection of teas will be served throughout.

Date: Saturday, Feb. 8
11 a.m. to 2 p.m.

Fee:..... Encore Resident..... \$30
City Resident \$35
Non-Resident \$40
Encore Non-Resident..... \$45

Includes transportation, trip escort, High Tea and gratuity. Senior Services bus.

Course Code:.....205997

Q U O T A B L E S

*It's important to have
a twinkle in your wrinkle.*

~ Author Unknown



Butterfly Pavillion and Bass Pro Shop



BACK BY REQUEST

We will start out at the Butterfly Pavilion, home to over 5,000 animals. You will meet (and hold, if you like) Rosie, the tarantula. Then step into Water's Edge to experience an underwater world of sea creatures. Explore the tropical rainforest where 1,600 butterflies rule the sky. Then it is off to the Bass Pro Shop with its displays of large animals and outdoor clothing and equipment for sale. The Islamorada Fish Co. is attached to the Bass Pro Shop and offers a wide selection of seafood and other dishes. You can have lunch there (on your own) or just browse the store.

Date: **Friday, Feb. 21**

8:30 a.m. to 2:30 p.m.

Fee:..... **City Resident** \$25

Non-Resident \$30

Includes transportation, trip escort, and Butterfly Pavilion admission. Senior Services bus.

Course code:.....205998

Fine Arts at Four — Colorado Chamber Players and Mimi's Café

We will gather with groups from other senior centers in the area for a fine concert in Brighton. This time they will feature the Colorado Chamber Players with the Schubert Cello Quintet. After the concert, we will stop at Mimi's Café for dinner (on your own) before heading back to Boulder. What a lovely way to spend a Sunday afternoon.

Date: **Sunday, Feb. 23**

2:30 to 8:30 p.m.

Fee:..... **City Resident** \$20

Non-Resident \$25

Includes transportation, trip escort and concert. Senior Services bus.

Course Code:.....205999

Sky Venture Indoor Skydiving, Lone Tree

BACK BY REQUEST

A group of our seniors participated in Indoor Skydiving and loved it! They said that anyone of any age can do it. Sky Venture provides training with a professional instructor, flight gear and flight rotations with your instructor in the wind tunnel. We will stop for lunch afterwards (on your own).

Date: **Tuesday, Feb. 25 • 9 a.m. to 2 p.m.**

Fee:..... **City Resident** \$65

Non-Resident \$70

Includes transportation, trip escort and indoor skydiving experience. Senior Services bus.

Course Code:.....206000

senior SPOTLIGHT

Meet JoAnn Shultz, a very active member of the Newcomers Bridge group that meets Mondays at the East Center. JoAnn is 92 years young and has been playing bridge most of her life. JoAnn moved to Boulder about a year ago from California. She found our bridge group and has been playing at the East Center ever since.



JoAnn Shultz

JoAnn was born in Wichita Kansas in 1921. Her father and only sibling, a brother, died when she was young. When she was 11 years old, JoAnn and her mother moved to Hollywood, California, where she attended school through college. She married Robert Shultz and had three beautiful daughters. Robert and JoAnn were married for 52 years before he passed away. JoAnn now has six grandchildren and enjoys living with her daughter Debra and son-in-law Russell here in Boulder.

JoAnn has played bridge continuously since she was 10 years old when her mother needed another person to take a spot. She loves all card games. JoAnn feels that playing cards has kept her mind active and sharp, and we agree! She is also a quilter and plays piano whenever she can.

OVERNIGHT TRAVEL

Leisure West Tours and Cruises is our vendor for overnight travel. They are located here in Colorado and offer many local, national and international travel opportunities.

Why travel with Boulder Senior Services and Leisure West Tours?

- More than 15 years experience from a locally owned/operated company
- Guaranteed Departure trips available
- Boulder pick-up and drop-off service available
- Low deposits, refundable up to the final payment date on most tours
- Trip cancellation/health/accident insurance option
- Accommodations are rated AAA three diamond or higher
- Airport/hotel transfers included
- Luggage handling and gratuities for one suitcase per person
- Attractions/sightseeing/entrance fees and meals as indicated per itinerary
- Gratuities for included meals, skycaps, local guides, drivers and tour directors as indicated per itinerary

FOR INFORMATION: CALL ELLEN BARTILET AT 303-441-3915.

The Colorful Carolina Coast

March 18 – 27, 2014

Meander the beautiful scenic Southern Atlantic coastline from Virginia to Florida. Visit North Carolina's Outer Banks, Kitty Hawk, Wilmington, Battleship USS North Carolina and Tyron Palace. See South Carolina's Myrtle Beach, Brookgreen Gardens, Charleston and Fort Sumter. Enjoy Savannah, Georgia's first city, and historic Jekyll Island. Two-night stays oceanfront on Myrtle Beach and in Charleston and Savannah's Historic Districts. Overnights in Norfolk, Buxton (Outer Banks) and New Bern. Cost is \$2,969 per person double occupancy; single occupancy is \$3,505. Airfare is not included. All registrations and final payment must be completed prior to Jan. 6, 2014.



The National Cherry Blossom Festival, Washington D.C.

Featuring the National Cherry Blossom Parade
April 10 – 14, 2014

Celebrate the beauty of spring in Washington, D.C. with visitors from across the nation and around the world arriving for the annual National Cherry Blossom Festival Parade.

In addition to reserved seating at the Parade, highlights include Capitol Hill, Odyssey Cruise on Potomac River, National Memorials, Museums of the Smithsonian Institution, The Newseum, Kennedy Center, Mount Vernon, and Old Town Alexandria. Cost is \$1,349 per person double occupancy; single occupancy is \$1,649. Airfare is not included. All registrations and final payment must be completed prior to Dec. 20, 2013.



San Antonio Spring Fiesta

April 23 – 27, 2014

Experience the beauty of the Texas Hill Country with its lush wildflowers and historical monuments, as well as taking in the events of San Antonio's 122nd Annual Fiesta including reserved seating for the Flambeau Parade. Other highlights include San Antonio city tour with Alamo and its IMAX movie, San Jose Mission, Tower of America's 750' high view, private boat cruise of Paseo del Rio, day trip to Austin with LBJ Library, day trip to Fredericksburg with LBJ Ranch and Nimitz WWII Museum, and the not-to-be-missed spectacular Spring Wildflowers Scenic Drive. A vacation you won't want to miss. Price is \$1,169 per person double occupancy and \$1,549 single occupancy. Does not include airfare. All registrations and final payment must be completed prior to Feb. 1, 2014.

Atlantic Maritimes, Circle Newfoundland & Labrador or Circle the Bay of Fundy

Departures June through September

Atlantic Maritimes: Get a taste of Canada's Maritime Provinces on this delightful tour of Nova Scotia, New Brunswick and Prince Edward Island. Experience the fresh salt air, unspoiled nature, rich history and warm hospitality of one of the world's most popular destinations.

Circle Newfoundland & Labrador:

Discover a land rich with culture, filled with Viking history, and overflowing with natural beauty. Newfoundland & Labrador, the "Far East of the Western World," will take your breath away and leave you with memories that will last a lifetime.

Canadian Maritimes: Circle the Bay of Fundy. Nestled between Nova Scotia and New Brunswick, Atlantic Canada's Bay of Fundy is home to the highest tides in the world. Learn of the ecology and geology of the most dramatic and diverse

Guaranteed Departure Trips

Leisure West offers "Guaranteed Departure" of these trips and many other trips this year. Please book early since many of these trips sell out.

For more information, itineraries, prices, etc., please contact Ellen Bartilet at 303-441-3915.

April and May 2014

Heart of Europe Circle Tour (15 days)

April 2014

Savannah and Charleston (8 days)

National Cherry Blossom Festival, Washington, D.C. (5 days)

San Antonio Spring Fiesta (5 days)

California Rail tour (8 days)

May 2014

Kenya Safari Adventure (13 days)

Lake Como and Switzerland (9 days)

Grand Tour of Italy (12 days)

Alaska and the Yukon: Full Circle (21 days)

Alaska and the Yukon: Land and Sea (20 days)

Ontario, Quebec and St. Lawrence Seaway (9 days)



tidal environment on the planet and experience maritime history, culture and hospitality.

Choose to do one, two or three of the tours. Pricing based on departure dates.

Welcome Encore Members!

The Encore Program for Active Adults

Active Aging

We can change the way we age by staying physically active, intellectually engaged and spiritually connected. This helps to keep us involved, alert and enjoying a productive life.

Encore is an optional membership program for adults age 55 and older. Social engagement, community partnerships, educational opportunities and technology classes are a few of the components of Encore.

Encore helps supplement and subsidize activities for our members and the community. See registration information on page 36 to register and become a member today.

Free Events for Social Interaction

Membership Appreciation Event and the Encore Book Club

Free Educational Opportunities

Events and guest speakers on various topics

Benefits

- Priority registration
- Discounts on classes, day trips and technology classes
- Discounts on fitness punch cards/ fitness classes/ and massage
- Become a member of the Boulder Municipal Employees Credit Union
- Free Birthday Lunch from Café Classico

Membership runs from date of purchase for an entire year.

Encore Fees:

Encore Resident ...\$20 Individual
\$10 second person at same address

Encore Non-Resident\$25 Individual
\$10 second person at same address

Reduced Rate (for those who meet income and asset guidelines, see page 6)
\$10 Individual
\$5 second person at same address



Encore Book Club

The Encore Book Club meets every third Thursday of the month. We use the Boulder Public Library's "Books in a Bag" program and Denver Public Library's "Swift" program to choose our books. Facilitated by our community volunteer Katherine Christensen. Come join us.



Location:..... West Senior Center

Date: Thursdays, Dec. 19, Jan. 16 and Feb. 20, three meetings
2 to 3:30 p.m.

Fee:..... Free to Encore members

Course Code:... 205882



BITS AND BYTES OF ENCORE:
Computer Classes



All classes held on Tuesdays at the West Senior Center. • Instructor: Don Walker
Bring your laptop if you have one and please no Macs.

- 8:30 a.m. to 9:30 a.m.Intro to ComputersJan. 7, 14, 21, 28 (4 sessions) ...Course Code: 205883
- 9:45 a.m. to 10:45 a.m.Laptop HelpJan. 7, 14, 21, 28 (4 sessions) ...Course Code: 205884
- 11 a.m. to noonMicrosoft Word.....Jan. 7, 14 (2 sessions)Course Code: 205885
- 11 a.m. to noonPhoto Upload/Picasa....Jan. 21, 28 (2 sessions)Course Code: 205886
- 9:00 a.m. – 10:00 a.m.Internet Security.....Feb. 4, 11 (2 sessions)Course Code: 205887
- 9:00 a.m. – 10:00 a.m.iPhone/Smart phone....Feb. 18, 25 (2 sessions)Course Code: 205889
- 10:15 a.m. to 11:15 a.m....eBooks.....Feb. 18, 25 (2 sessions)Course Code: 205890

Fees

Two-session course

Four-session course

Encore Members	\$25	\$50
General Public	\$35	\$70

There is no charge for the "How to Register Online" class held on Feb. 4 and 11.

Computer Class Descriptions

Intro to Computers: This four-session course is designed for students with no computer experience. You will master the mouse, practice using the keyboard and learn to cut and paste while becoming familiar with Windows. New beginners please and no Macs.

Laptop Help: Bring your own laptop to learn the ins and outs of why it does what it does, where things are located, how to surf the web and how to save documents. Two laptops are available if needed. Computer experience recommended.

Microsoft Word: In this two-session course, Microsoft Word will be demonstrated. Creating, editing, formatting documents will be discussed.

Photo Editing with Picasa: Bring your own laptop, camera and/or flash drive and learn to upload photos. Once uploaded, lessons on saving photos and Picasa will bring your pictures to life. Two laptops are available if needed.

Internet Security: Best computer practices: Learn how to stay safe from scams and identity theft when using the Internet. Topics covered will be good email practices, avoiding identity theft, safety in on-line banking and on-line shopping, how to remove tracking cookies, avoiding "computer tricksters," and how to clean spyware and viruses off of your computer.

iPhone/Smart phone: Do you have an iPhone or smart phone? Have you ever wondered or needed help understanding all of its features and functions? Don Walker is a techno-gadget guru who will help explain the iPhone or smart phone. You don't need an iPhone to attend this course, however if you have one, please bring it.

eBooks: An eBook, or electronic book, is a digital book readable on computers or an electronic hand held device such as a Kindle. If you enjoy reading, you will want to know more about this topic.

Free class! How to Register Online: Never miss out on the trips and programs you want again! Come to this class to learn how to register for programs with Senior Services and Parks and Recreation online systems. This class will show you that registering online is easy, fast and convenient.

10:15 a.m. to 11:15 a.m.....Free class! How to Register Online
Feb. 4, 11 (2 sessions)Course Code: 205888



COMPUTERS ONE-ON-ONE

This class will offer personalized one-on-one tutoring for beginner to experienced computer users on a personal computer. Learn at your own pace with an experienced and patient instructor. The location (either a Boulder senior center or a public library), date and time will be arranged by you and the instructor.

Instructor: .. Don Walker

- Fee:*..... **Encore Member Resident** \$32
- Encore Member Non-Resident** \$37
- City Resident** \$42
- City Non-Resident** \$47

You and the instructor will plan the location, date and time of your session(s) together. Registration expires three months from the date of purchase.

Course Code:.....205891

ENCORE ON THE MOVE

NCAR — The National Center for Atmospheric Research

Encore members are invited to join us for a one-hour guided tour of NCAR — The National Center for Atmospheric Research, which sits at 1850 Table Mesa Drive, nestled against the famous flatirons and the foothills in Boulder. View some exhibits, touch a cloud, consider chaos, steer a hurricane, explore climate, and take a look at the sun. Then if you like, take a break and eat at the cafeteria (on your own) and browse the art galleries.



Location:.... Meet at East Senior Center

Date: Friday, Jan. 17

Time:..... 11:30 a.m. to 2:30 p.m.

Fee:..... \$10 for Encore Members

Course Code:.....206283

Includes transportation and escort. Senior Services Bus.

ENCORE ON THE MOVE

Longmont Holiday Shopping



Climb aboard the Senior Services bus for the short ride to Longmont’s rapidly growing Meadow View Village Shopping Center. We will enjoy a coffee or a holiday spiced tea at Que’s before heading next door to Fabulous Finds, the newest upscale consignment store for some guilt-free retail therapy, offering household decor, furniture and fashion. Next, enjoy a light lunch, pizza or salad at Protos Pizza (on your own). Walk two doors down to Robin’s Chocolates to see how chocolate is made, and possibly purchase a few holiday goodies to end the day.

Location:.... Meet at East Senior Center

Date: Friday, Dec. 13



Time:... 9:30 a.m. to 2:00 p.m.

Fee:.....\$10 for Encore Members

Course Code:.....206282

Includes transportation and escort. Senior Services Bus.



Sponsored by...



the CARILLON AT BOULDER CREEK



The Discovery of the South Pole

Dec. 15 is the anniversary of the discovery of the South Pole by Roald Amundsen, “the last of the Vikings.” The race to the South Pole was one of the greatest international races prior to the race to the moon and was full of tragedy and triumph. It featured tiny, newly independent Norway against the British Empire, upon which the “sun never set.” It was David vs. Goliath. Join us as we tell the gripping story of those who perished and prevailed in this epic quest.

Location:..... West Senior Center

Fee:.....Free

Date: Monday, Dec. 9
11 a.m. to noon

Course Code:..... 205892

Chocolate

The story of chocolate is a “rich” tale indeed. It involves aristocracy and slavery, innovation and coincidence. Pivotal roles were played by both Christopher Columbus and Hernando Cortéz. Join Active Minds as we describe how extremely bitter cacao beans are transformed into one of the world's most sought after flavors and tell chocolate stories such as the rise the luxury chocolate industry in Switzerland and the origins of the Hershey company.

Location:..... East Senior Center

Fee:.....Free

Date: Monday, Dec. 23
11 a.m. to noon

Course Code:..... 205895

Privacy vs. Protection in the War on Terror

Join Active Minds for a discussion of the tension between combating terrorism and protecting individual privacy rights. We will review various domestic surveillance techniques used by the government and explore the implications for how far this power should extend.

Location:..... West Senior Center

Fee:.....Free

Date: Monday, Jan. 13
11 a.m. to noon

Course Code:..... 205893

Sponsored
by...
Balfour
Senior Living
 


Venezuela

With the death of Venezuelan President Hugo Chavez, the future of this important country has become more uncertain. Over the years, Venezuela has become increasingly at odds with the United States. While both countries share a mutual interest in Venezuela's oil reserves, Chavez opposed U.S. foreign policy efforts, a point underscored by his efforts to strengthen relations with Iran. Join Active Minds as we explore the origins of this escalating conflict and where it may go from here.

Location:..... **East Senior Center**

Fee:.....**Free**

Date: **Monday, Jan. 27**
11 a.m. to noon

Course Code:..... **205896**

Cowboys

Join Active Minds for the story of the American Cowboy. We will peel back the mythology and explain how the origins of the Cowboy lie south of the border in the Spanish colonies in the Americas. We'll trace the development of the American Cowboy and its influence upon this part of the country as well as tell a good 'ol Cowboy story or two.

Location:..... **West Senior Center**

Fee:.....**Free**

Date: **Monday, Feb. 10**
11 a.m. to noon

Course Code:..... **205894**

China: The Superpower

The world has changed. There is no denying the prominent role of China in the world today. They are a formidable military presence. Their economy is projected to exceed that of the U.S. within five years. Their political influence reaches every part of the globe and nearly 20% of the world lives there. Join Active Minds as we seek to understand a shifting world order and what it means for the United States.

Location:..... **East Senior Center**

Fee:.....**Free**

Date: **Monday, Feb. 24**
11 a.m. to noon

Course Code:..... **205897**

AARP Driver Safety Program and NEW Smart Driver Course

Taking an AARP Driver Safety Course may help you save money and your life. Learn defensive driving techniques, new laws, rules of the road, and much more in this half-day course. Find out how to adjust your driving to age-related changes in vision, hearing, and reaction time. In most cases auto insurance companies in Colorado provide a discount to AARP Driver Safety graduates age 55 and older. It is all in the classroom, you turn in no tests and you can have fun while learning. Register for this class at the front desk at the West Center or call 303-441-3148. You will pay the required fee directly to the instructor the day of the class.

Starting in January, the AARP Driver Safety Course will be replaced by a new class called the AARP Smart Driver Course.

Location:.... West Senior Center

Instructor:.. Jagdish Nagda

Driver Safety Course

*Date: Monday, Dec. 9
8:30 a.m. to 1 p.m.*

*Fee:..... \$12 for AARP Member or
\$14 for non-members*

Smart Driver Course

*Dates:..... Mondays, Jan. 13 or Feb. 10
8:30 a.m. to 1 p.m.*

*Fee:..... \$15 for AARP Member or
\$20 for non-members*

AARP TAX-AIDE Program

The AARP Tax-Aide Program will offer free tax preparation and assistance by appointment on Tuesdays and Thursdays beginning Feb. 4 through April 10, 2014, at the West Senior Center. This volunteer program serves seniors aged 60 and older as well as low- and middle-income taxpayers. It is supported through a partnership with the IRS and the AARP Foundation.

The volunteers are certified to prepare many Federal and Colorado tax returns containing W-2s, 1099's, Capital Gains and Losses, Retirement Income, and forms 1040, 1040A, 1040EZ and Colorado Form 104. They are not certified to prepare returns requiring more specialized training such as rental properties, certain businesses, foreign sourced income, foreclosure transactions or multiple states. The returns are reviewed by a second volunteer before being electronically filed.

To make an appointment, please call 303-441-3148 after Jan. 6. Appointments fill up quickly.

We continue to grow and are currently in need of new volunteers. If you are interested in becoming a volunteer Tax Counselor, please apply on the AARP website at <http://www.aarp.org/money/taxaide/>. If you have additional questions and would like to speak with someone about the program, please call Janet Axelrod at 303-818-9012.

Medicare Basics Class

Free monthly classes are offered by Boulder County Area Agency on Aging Medicare Counselors for anyone wanting to understand the fundamentals of the Medicare program. Information is provided about Medicare eligibility, enrollment, benefits, costs, plan choices, and prescription drug coverage. Classes are held the first Thursday of every month. Call 303-441-1546 to register.

Location: East Senior Center • Dates: Thursdays, Dec. 5, Jan. 2 or Feb. 6, 2 to 4 p.m. • Fee: Free



Senior Services invites you to join us for one (or all) of our Coffee Talk programs where you can learn about some of the new offerings for winter or participate in interesting, stimulating and informative workshops — all for free! This quarter, we are pleased to add similar programming under Health and Wellness as Wellness Seminars. See page 29 for more information.

Angels Everywhere

Please join Sister Georgeann Quinlan, BVM, for “Angels Everywhere.” This program was created to raise awareness of the many forms and ways in which angels are present to us and touch our lives. Miracles and coincidences are happening all the time to us. Sister Georgeann has written two books which will be available for purchase after the talk.

Presenter: ... Sister Georgeann Quinlan, BVM *Fees:* No charge, please register to reserve your space
Location:.... West Senior Center
Date: Wednesday, Dec. 11 • 1 to 2 p.m. *Course Code:*.... 206242

Duplicate Bridge Practice Class — Introduction Program

NEW!

Please join us to meet our certified director from the American Contract Bridge League (ACBL), Gerald Mitchell, and his assistant, Edie Mitchell. They are very excited to be offering a new weekly class on Fridays beginning Jan. 10. These classes are designed for anyone interested in improving their Duplicate Bridge game with some hands-on coaching from a skilled instructor. The Bidding System that will be employed is the Standard American Yellow Card (SAYC). See page 28 for more information, and/or join us for this free coffee talk.

Presenters:.. Gerald and Edie Mitchell *Fees:* No charge, please register to reserve your space
Location:.... West Senior Center
Date: Friday, Jan. 3 • 10 to 11 a.m. *Course Code:*.... 206488

Great Conversation on Great Ideas

This thought-provoking discussion group on the 103 Great Ideas will be led by facilitator Brian Hansen, who has extensive experience in the “Great Books and Great Ideas” curriculum. He will present the themes which come from philosopher Mortimer Adler. Brief reading materials, intended to accompany the discussions, can be downloaded from Brian’s website: <http://home.comcast.net/~pamjhansen/site/?/home/>, or may be purchased for a small donation. A new topic will be discussed each week. Pre-registration is not required; drop in as your schedule allows.

Presenter: ... Brian Hansen *Dates:*..... Mondays, Jan. 6, Jan. 27, Feb. 3 or Feb. 10 • 1:30 to 3 p.m.
Location:.... West Senior Center *Fees:* Free

LOOKING TO RE-CAREER?

Jobseekers 50+ — Finding a Job in Today’s Market

Looking for work can be a daunting task, especially in today's competitive job market. Despite this, people are getting hired. The trick is knowing exactly what you want to do and positioning yourself as the best, most qualified candidate for the job. This workshop is designed to help you narrow down your options in order to focus your job search. Questionnaires,

assessments and resources will be available to help in this process. By the end of this workshop you will have a better idea of what you want to do, what jobs fit your needs, and where to find employers who want what you have to offer. Presented by Deb Blankenship of Workforce Boulder County. Please call Deb at 303-301-2912 or email Deb.blankenship@wfbc.org for more information or to register for this free workshop.

Location:.... West Senior Center
Instructor:.. Deb Blankenship
Date: Thursday, Jan. 30 • 10 to 11:30 a.m.
Fee:..... Free

CLASSES

Acting Class for Seniors

Wanted: "Actor and Actress Wannabees" for a weekly Drama Class. All that is required is a lot of enthusiasm and a good sense of humor. The class will perform at the Valentine's Day Encore/SilverSneakers® Member Appreciation Event on Feb. 14. Instructor Kevagne Kalish graduated from Goddard College with a Theatre Arts Degree. She has taught numerous acting classes for both children and older adults in the U.S. and Australia.

Instructor: .. Kevagne Kalish

Location:.... West Senior Center

Dates:..... Wednesdays, Jan. 8 to Feb. 26,
eight practice sessions
2 to 4:00 p.m.

Fee:..... City Resident:\$50
Non-resident:.....\$60

Course code:.....206234

Contemplative Living: Seeing That Paradise Begins Now

Contemplative living is a way of responding to our everyday experiences by consciously attending to self, others, and our natural surroundings. We will use reflection and dialogue to explore these relationships within our lives. We will begin by reviewing the principles of contemplative dialogue, and reading passages from the series "Bridges to Contemplative Living" (booklet provided). Passages are taken from the writings of Thomas Merton, as well as other men and women from a variety of spiritual and academic traditions.

Presenter: ... James Kettering

Location:.... West Senior Center

Dates:..... Thursdays Jan. 9 to Feb. 27,
eight classes
10 to 11:30 a.m.

Fee:..... Encore Member \$10
General Public \$20

Course Code:.....206227

Beginning Class Piano I and II

Have you always wanted to play the piano? Maybe you took a few classes as a child and gave it up. Here's your chance to learn from an experienced instructor in a fun, supportive group setting. Let's make music and laugh together. Instruction material: "Piano Fun for Adult Beginners" by Brenda Dillon (book and CD) is included in fee for Piano I.

Instructor: .. Lisa Johnson

Location:.... West Senior Center

Beginning Piano I

Dates:..... Wednesdays, Jan. 8 to Feb. 26,
eight classes
10 to 11 a.m.

Course Code:....206243

Beginning Piano II (instructor's permission required)

Dates:..... Wednesdays, Jan. 8 to Feb. 26,
eight classes
11 a.m. to noon

Course Code:....206244

Fee:..... Encore Resident..... \$97
Encore Non-Resident..... \$102
City Resident \$107
Non-Resident \$112

QUOTABLES

*What good is the warmth of summer,
without the cold of winter
to give it sweetness.*

~ John Steinbeck



Adventures in Watercolor Painting

For information about Anne Gifford's ongoing Watercolor Painting classes held at the East Senior Center, please contact Anne at 720-472-4990 or annegifford@comcast.net.

Duplicate Bridge — Practice Class



Join us for this new opportunity to "practice and improve" your Duplicate Bridge game once a week. Each class in this eight-week series will begin with a brief lecture for the first half-hour, and then players will move into practice games together with coordinated assistance from an American Contract Bridge League (ACBL) certified director. Lunch will also be available on-site for an additional \$5 through Café Classico.

Instructor: .. Gerald Mitchell, and his assistant Edie Mitchell

Location:.... West Senior Center

Dates:..... Fridays, Jan. 10 to Feb. 28, eight classes
10 a.m. to 2:30 p.m.

Fee:..... City Resident \$40
Non-Resident \$48

Course Code:.....206485

Join us for the free coffee talk introduction on Friday, Jan. 3 to meet our new ACBL Certified Director and find out more about this new opportunity! See page 26.

Ballroom Dancing For Seniors



Come and learn the elegant Foxtrot and Waltz, and the energizing Swing dance. Ballroom Dance is a fun way to interact and socialize while you engage your mind and get a full-body, low impact workout. A partner is required for these classes.

Instructor: .. Judy Kreith, MA

Location:.... East Senior Center

Dates:..... Session 1 — Foxtrot: Tuesdays, Jan. 7, 14, 21, three classes
Session 2 — Swing: Tuesdays, Jan. 28, Feb. 4, Feb. 11, three classes
Session 3 — Waltz: Tuesdays, Feb. 18, 25, Mar. 4, three classes

Time:..... 1 to 2 p.m.

Fee (per session): Encore Resident:..... \$12
City Resident: \$15
Encore Non-Resident: \$18
Non-Resident:..... \$21

Course Codes: Session 1 (Foxtrot):.... 206332
Session 2 (Swing):..... 206333
Session 3 (Waltz): 206334

Bridge Class on Defense

Defense is one of the most difficult but rewarding aspects of bridge. Everything from opening leads, to signals, to reading the dummy is covered. A good defender is almost always a winning player. This class is for Intermediate to Advanced bridge players. There is a \$10 maximum material fee payable to the instructor the first day.

Instructor: .. Sandy Koller

Location:.... East Senior Center

Date: Wednesdays, Jan. 8 to March 12, 10 classes
10 a.m. to 12:30 p.m.

Fee:..... City Resident \$55
Non-Resident \$65

Course Code:..... 209035

QUOTABLES

*With the new day comes
new strength and new thoughts.*

~ Eleanor Roosevelt

WELLNESS SEMINARS

Please join us for a free Wellness Seminar. Similar to the popular Coffee Talk programs introduced last fall, these free seminars will give you an opportunity to learn about health and wellness related topics, or check out upcoming health-related programs.

“W-D 40” for Joints, Lower Backs, and Power-Brains — Introduction Program



Join us to learn more about this six-week series coming up in January. Fitness instructor Linda Manchester will demonstrate a sampling of the various skills, exercises and stretches you will learn through this upcoming course (e.g., get from floor to chair with ease, stretches to reduce pain and inflammation and exercises to enhance your mobility for everyday life). See page 31 for more information on the series beginning Jan. 3.

Instructor: .. Linda Manchester

Location:.... West Senior Center

Date: Friday, Dec. 6
12:30 to 1:15 p.m.

Fee:..... No charge, please register
to reserve your space

Course Code:.... 206490

Age-Related Macular Degeneration

Age-related macular degeneration is the number one cause of blindness in adults age 60 and older. After discussing the pathogenesis of the disease, we will talk about who is at risk, signs and symptoms, current treatment options and future directions. Our guest presenter is Geeta Lalwani, M.D. from Rocky Mountain Retina Associates.

Presenter: ... Geeta Lalwani, M.D.

Location:.... West Senior Center

Date: Monday, Jan. 13 • 1 to 2 p.m.

Fee:..... No charge, please register
to reserve your space

Course Code:206382

Rosen Method Bodywork

Rosen Method Bodywork is a gentle and effective therapy for a broad range of physical and emotional complaints. Done on a massage table, Rosen Method helps people gain awareness of and release tension held in their bodies and supports a deeper, fuller, more relaxed sense of self and connection with others. This workshop will provide information about the work and a demonstration. Our guest presenter is Todd Schwartz, licensed massage therapist, psychotherapist, and Rosen Method Bodywork provider in Boulder.

Location:.... East Senior Center

Date: Wednesday, Dec. 4 • 10 to 11:30 a.m.

Fee:..... No charge, please register
to reserve your space

Course Code: ... 206482

or

Location:.... West Senior Center

Date: Tuesday, Jan. 7 • 1:30 to 2:30 p.m.

Fee:..... No charge, please register
to reserve your space

Course Code:.... 206483

Fall Risk Talk and FREE Screenings



Are you feeling like you aren't as steady as you used to be? Would you like to improve your balance, but not quite sure what will help? Join us for a discussion of programs that are designed to reduce your risk of falling and improve your balance. Learn how an assessment can identify the appropriate intervention for you. Free fall risk screenings will be available after the talk. Sponsored by Boulder County Area Agency on Aging.

Location:.... West Senior Center

Dates:..... Wednesday, Dec. 12 • 1 to 3 p.m.

Fee:..... No charge, please register
to reserve your space

Course Code:.....206140

Brain Fitness Clinic: Invest in Your Brain's 401K

BACK BY REQUEST

Worried about losing memory, mental sharpness, and not being on top of your game? Sign up for the Brain Fitness Clinic to work on conditioning and maintenance of brain functions through mental exercise (a.k.a. "neurobics"). After an initial cognitive assessment (Part I), eight weekly training sessions will exercise your "mental muscles" (Part II) before having a follow-up re-assessment (Part III). Instructor Michelle Winston, PhD, is a neuropsychologist with over 25 years of specialized experience in issues of memory, aging and brain fitness. As a healthcare service offered by a licensed healthcare provider, clinics are generally covered by health insurance such as Medicare.

To register, you will need to pick up a Registration Packet at the East Center. Once you have completed and returned the registration form, you will need to schedule and complete a one-on-one assessment with Dr. Winston.

Part I: Initial Assessment

(mandatory for participation in the Clinic)

Location:.... East Senior Center

Dates:..... Dec. 9, 10 or 17 by appointment only

Appointments are 1¼ hours per person and will be scheduled between 9 a.m. and 4 p.m. Dr. Winston will contact all registrants to confirm appointment times.

Fee:..... Clinic services are generally covered by insurance plans such as Medicare, with coverage based upon meeting candidacy criteria and individual plan benefits

Part II: Eight-Week Brain Fitness Clinic

(candidacy based upon initial assessment)

Location:.... East Senior Center

Dates:..... Wednesdays Jan. 8 to Feb. 26, eight sessions • 2 to 3:30 p.m.

Fee:..... Clinic services are generally covered by insurance plans such as Medicare, with coverage based upon meeting candidacy criteria and individual plan benefits

Part III: Follow-Up Re-Assessment

to be scheduled March 10 or 11

Optimum Balance

BACK BY REQUEST

This weekly balance class will be taught by a licensed Physical Therapist from the Avanti Therapy Clinic of Boulder. Class exercises will focus on hip and leg strengthening, trunk/hips/ lower extremity flexibility, overall balance, and core strength. General education on balance systems, safety, and risks will be included. Participants need to be able to stand alone with or without an assistive device, or should bring a caregiver with them.

Location:.... East Senior Center

*Dates:..... Tuesdays, Jan. 7 to Jan. 28, four classes
12:00 p.m. to 12:45 p.m.*

*Fee:..... Encore Resident..... \$16
Encore Non-Resident..... \$24
City Resident \$20
Non-Resident..... \$28*

Course Code:206226

Ageless Grace®

Ageless Grace is a fitness and wellness program consisting of 21 Simple Tools for Lifelong Comfort and Ease. It is designed to be practiced in a chair so that almost anyone of any age, ability, body type, size, or with any physical challenge can participate and benefit from these simple exercises. Come enjoy the music, movement, conditioning, and camaraderie while strengthening your body for the activities of daily living.

Instructor:.. Laura Olinger

Location:.... West Senior Center

*Dates:..... Fridays, Jan. 10 to Feb. 14, six classes
9:30 to 10:15 a.m.*

*Fee:..... Encore Resident..... \$24
Encore Non-resident \$30
City Resident \$36
Non-resident..... \$42*

Course Code:.....206149

“W-D 40” for Joints, Lower Backs, and Power-Brains



Learn to practice invaluable techniques to help you relax and get from floor to chair, through targeted strength/ flexibility stretches and exercises. Stretches are designed to help reduce pain and inflammation by keeping joints supple, and to enhance mobility. Additional exercises to ease pain and strengthen the lower back will be demonstrated and practiced. Participants must be comfortable on a mat on the floor and be able to return to a seated or standing position.

Location:.... West Senior Center

*Dates:Fridays, Jan. 3 to Feb. 7, six classes
12:30 to 1:15 p.m.*

*Fee:..... Encore Resident..... \$24
Encore Non-resident \$30
City Resident \$36
Non-resident..... \$42*

Course Code:.....206487

Join us for a free Wellness Seminar on Friday, Dec. 6 to learn more about this new class. See page 29.

T'ai Chi for Seniors

T'ai Chi is a mind-body exercise utilizing slow, relaxed movement, a quiet mind, and deep, natural breathing that stimulates the flow of qi or chi (intrinsic energy). When qi flows harmoniously, the mind, body, and spirit are in balance, enhancing one's physical and mental well-being, relieving stress and improving health. Developed in China hundreds of years ago, T'ai Chi is now practiced throughout the world.

Location:.... East Senior Center

Instructor: .. Steve Arney

*Date: Fridays, Dec. 6 to Feb. 21,
11 classes (no class Dec. 27 or Feb. 28)*

Full Session Fee (applicable for all class levels)

*Fee:..... Encore Resident..... \$72
City Resident \$74
Encore Non-Resident..... \$83
Non-Resident..... \$85*

Half Session Fee (applicable for Intermediate class only)
Open to continuing Intermediate students only. Select six of the classes in the winter 2013-2014 session.

*Fee:..... Encore Resident..... \$40
City Resident \$42
Encore Non-Resident..... \$45
Non-Resident..... \$47*

Level I — Beginning/Advanced Beginning

Learn and review the basics, including breath, mental focus, postural awareness and correct mechanics of each move. This class is for beginners and advanced beginners. Attention given to mind-body connection, stress reduction, and the first third of the Yang short form.

Time:..... 9:45 to 10:40 a.m.

Course Code:.... 206134

Level II — Intermediate

In this class, we will complete all moves in the Yang short form. Student must have completed the first level class or been given instructor approval to enroll at this level.

Time:..... 10:45 to 11:40 a.m.

Course Code:.... Full Session — 206135

Course Code:.... Half Session — 206133

Select six of the classes in the winter 2013-2014 session.

Strength, Movement and Stretch

Join us for this healthy, strength building, light aerobics and effective stretching class. Newcomers to exercise are encouraged to participate. Learn to strengthen your muscles, breathe more efficiently, stretch and release muscle tension. Class can be done standing, standing with chair support or seated in the chair.

Location:.... West Senior Center

Instructor:...Linda Manchester

Dates:..... Mondays, Dec. 2 to Feb. 24, 11 classes
(no class Jan. 20 or Feb. 17)
10:30 to 11:15 a.m.

Fees: Encore Resident.....\$44
City Resident\$46
Encore Non-Resident.....\$56
Non-Resident\$58

Course Code:.....206142

Dates:..... Wednesdays, Dec. 4 to Feb. 26, 11
classes (no class Dec. 25 or Jan. 1)
10:30 to 11:15 a.m.

Fees: Encore Resident.....\$44
City Resident\$46
Encore Non-Resident.....\$56
Non-Resident\$58

Course Code:.....206143

Monthly Hearing Clinic

The staff of Family Hearing holds a monthly hearing clinic to provide free audiology services such as hearing screening, ears checked and cleaned, and hearing aids inspected and cleaned. If you would like to have a full hearing test and/or hearing aid adjustment, they can do that as well and bill Medicare or your health insurance. Call 303-441-4150 to schedule an appointment.

Location:.... East Senior Center

Date: ... Wednesdays, Dec. 4, Jan. 8 or Feb. 5
2 to 4 p.m. by appointment only
(eight appointments per day)

Fee:..... Free

Seniors (55+) in the Weight Room

Join this class to learn safe weight training protocols specifically designed for older adults. Build muscular strength and endurance and improve flexibility, balance and coordination while using free weights and machines in the weight room. Emphasis is focused on safety, posture, body control and awareness.

Location:.... East Boulder Community Center
Weight Room

Instructor: .. Chris Hedman

1st Session (morning):

Dates:..... Tuesdays and Thursdays, Dec. 3 to
Jan. 16, 12 classes (no class Dec. 24,
26 or 31)

Time:..... 11 a.m. to noon

Fee:..... Current SilverSneakers cardholders ..\$22
City Resident\$36
Non-Resident\$40

Course Code:.....206145

1st Session (afternoon):

Dates:..... Tuesdays and Thursdays, Dec. 3 to
Jan. 16, 12 classes (no class Dec. 24,
26 or 31)

Time:..... 2 to 3 p.m.

Fee:..... Current SilverSneakers cardholders ..\$22
City Resident\$36
Non-Resident\$40

Course Code:.....206146

2nd Session (morning):

Dates:..... Tuesdays and Thursdays, Jan. 21
to Feb. 27, 12 classes

Time:..... 11 a.m. to noon

Fee:..... Current SilverSneakers cardholders ..\$24
City Resident\$40
Non-Resident\$44

Course Code:.....206147

2nd Session (afternoon):

Dates:..... Tuesdays and Thursdays, Jan. 21
to Feb. 27, 12 classes

Time:..... 2 to 3 p.m.

Fee:..... Current SilverSneakers cardholders ..\$24
City Resident\$40
Non-Resident\$44

Course Code:.....206148



DROP-IN FITNESS CLASS DESCRIPTIONS



SilverSneakers® is a registered mark of Healthways, Inc. SilverSneakers is included as a benefit for seniors and retirees in certain Medicare supplemental health insurance policies. Call 303-441-4150 with questions.

The Healthways SilverSneakers Fitness Program recently announced new names for their fitness classes. See below...

SilverSneakers — Classic



Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a small ball are offered for resistance, and a chair is used for seated or standing support.

SilverSneakers — Yoga



Yoga will move your whole body through a complete series of seated and standing poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

SilverSneakers — Splash



Splash offers lots of fun shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special SilverSneakers kickboard is used to develop strength, balance and coordination. Please call 303-441-4400 and press zero to register for Splash. Located in the East Boulder Community Center Leisure Pool.

Fit and Strong — Beginning

General fitness class that includes a variety of exercises to improve balance, strength and flexibility. This is a perfect class for the beginning exerciser. Many exercises may be done seated. No floor work. In the Wednesday class, we usually use a Fit Ball. Please wear footwear appropriate for a low-impact class.

Fit and Strong — Intermediate

The class emphasizes cardiovascular exercise but also includes strength training and flexibility work. Hand weights, resistance tubing and a small ball are incorporated into the strength segment. In the Wednesday class, we usually use a Fit Ball. Please wear footwear appropriate for a low-impact aerobics class.

Gentle NIA

Nia is a sensory-based movement practice that draws from the disciplines of martial arts, dance arts and healing arts. Gentle Nia will consistently focus on strengthening the base and core as foundation for expanding participants' range of motion, cardiovascular conditioning, coordination, and confidence with an ever-increasing variety of movements.

Guts and Butts

Designed to improve inner core health for older adults by strengthening front abdominal, side abdominal, and back muscles, toning hips, conditioning inner and outer thighs, and improving balance and flexibility. Ideal for anyone starting an exercise routine or wanting to become fitter and stronger. We use relaxing music, mats, your own body weight and occasionally weights, bands and stability balls. Taught at different levels and modifications are provided.

Line Dancing

All levels of experience or newcomers are welcome. The instructor will demonstrate the steps and guide you through them. Judy has been teaching for several years, attends national dance conferences, and keeps up with the latest steps. Come join the group, learn line dances and have fun.

Music and Movement

Move to energetic music and get a great workout while having fun. Old tunes you'll recognize and Latin flavored music to get your juices flowing. Just bring a smile, no experience required. Class can be done standing, or seated in a chair, all levels welcome!

Strength and Alignment

Using breath for increased self awareness, we will align our bodies to increase bone density without injury using resistance training with hand-held weights, resistance bands and isometric exercises using balls. Core strength is emphasized in all movements. This class includes a cardiovascular warm-up, a relaxing cool-down, and constant attention to balance. Exercises can be done standing, on a mat, or seated in a chair, all levels welcome.



SILVERSNREAKERS® AND FITNESS SCHEDULE DROP-IN CLASSES FOR DECEMBER, JANUARY, FEBRUARY

All classes below are held at the East Senior Center. Splash is held at the East Boulder Community Center Pool.

FEES: There is no cost for current SilverSneakers card holders for drop-in classes listed below. Members must be registered with Boulder Senior Services and swipe their SilverSneakers membership card for each daily visit.

All other participants may attend any drop-in classes listed below held at the East Senior Center by purchasing a Senior Services punch pass and/or making a drop-in payment. Punch passes are valid one year from date of purchase and are non-refundable.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 – 9:45 a.m. SilverSneakers Splash • EBCC Pool <i>Laura</i>	7:30 – 8:15 a.m. Guts and Butts • <i>Dora</i>	9 – 9:45 a.m. SilverSneakers Splash • EBCC Pool <i>Laura</i>	7:30 – 8:15 a.m. Guts and Butts • <i>Dora</i>	
8:30 – 9:30 a.m. Fit & Strong Intermediate • <i>Sally</i>	8:30 – 9:15 a.m. Gentle NIA • <i>Laura</i>	8:30 – 9:30 a.m. Fit & Strong Intermediate • <i>Sally</i>	8:30 – 9:15 a.m. Music & Movement <i>Julie / Jennifer</i>	8:30 – 9:30 a.m. Fit & Strong Intermediate • <i>Dora</i>
9:45 – 10:45 a.m. Fit & Strong Beginning <i>Jack</i>	9:30 – 10:15 a.m. Strength & Alignment <i>Linda</i>	9:45 – 10:45 a.m. Fit & Strong Beginning <i>Terry</i>	9:30 – 10:15 a.m. Strength & Alignment <i>Linda</i>	9:45 – 10:45 a.m. Fit & Strong Beginning <i>Dora</i>
11 – 11:45 a.m. SilverSneakers Classic • <i>Jack</i>	10:30 – 11:15 a.m. SilverSneakers Yoga • <i>Linda</i>	11 – 11:45 a.m. SilverSneakers Classic • <i>Terry</i>	10:30 – 11:15 a.m. SilverSneakers Yoga • <i>Linda</i>	11:45 – 12:30 SilverSneakers Classic • <i>Chris</i>
	1 – 1:45 p.m. SilverSneakers Splash • EBCC Pool <i>Chris</i>		1 – 1:45 p.m. SilverSneakers Splash • EBCC Pool <i>Chris</i>	
			1 – 2:30 p.m. Line Dancing • <i>Judy</i>	

	Class Purchases	Encore Resident	City Resident	Encore Non-Resident	Non-Resident
Drop-in Fee	1 class	\$4	\$5	\$6	\$7
SENIOR SERVICES PUNCH PASS OPTIONS <small>Valid one year from date of purchase</small>	10 punch	\$40	\$50	\$60	\$70
	20 punch	\$80	\$100	\$120	\$140

Older Adult 55+ Functional Fitness Assessment

Please sign up if you are interested in receiving a fitness assessment specifically designed for independent, older adults age 55 and older. Free to current SilverSneakers members or a small fee for general public 55+. Tests provide information and feedback to participants regarding their health and skill related fitness components. Combine an initial baseline assessment with a follow-up assessment to quantify changes in physical performance. Pre-registration is required. Call 303-441-4150.

Location:.... East Senior Center

Date: Fridays, Dec. 6 to Feb. 21 (no assessments Dec. 27)
12:45 to 1:45 p.m.

Fee:..... No charge for registered SilverSneakers members
\$5 fee for all others



Massage for Seniors

Promote good health and restore your sense of well being with a therapeutic massage. Our certified massage therapists are available five days a week. We offer only Swedish and Integrative Massage. Massage therapy appointments are limited to those age 55 and older for one-hour appointments only. Register for an appointment by calling 303-441-4150.

Location:.... East Senior Center

Date: Monday to Friday

Fee:..... Encore Resident \$36
 City Resident \$38
 Encore Non-Resident..... \$44
 Non Resident \$46

Reflexology

Reflexology is like a combination massage and acupuncture treatment on the feet! It is based on the principle that there are reflex areas in the feet that relate to each and every organ and to all parts of the body. Properly stimulating these reflexes helps to activate the natural healing powers of the body. Treat yourself to a 30-minute or one-hour session by certified reflexologist Alma Dubin. Alma comes on Mondays twice a month to the East center. Register for an appointment by calling 303-441-4150.

Location:.... East Senior Center

Date: Second and fourth Mondays

Appointment

times: 7:45 to 10:45 a.m.

Fee:..... Encore Resident..... \$19/\$36
 City Resident \$21/\$40
 Encore
 Non-Resident \$21/\$40
 Non-Resident \$23/\$42

Massage and Reflexology Registration Guidelines

To reach as many seniors as possible, registrations for massage and reflexology are limited to two appointments per month, per person. Encore members can schedule up to three months in advance from the first of every month. Others age 55 and older can schedule up to two months in advance from the first of every month.

- Your payment must be made in full to schedule an appointment.
- You and any substitute must be 55 years or older to be eligible for a massage with Senior Services. (Appointments still open one week in advance are open to anyone interested.)

- You may schedule only one 1-hour appointment per day.
- We reserve the right to provide a substitute therapist for your scheduled session.
- We will make every effort to fulfill your massage appointment requests.

Cancellation and Refund Policies:

- Appointments canceled fewer than three business days in advance will not be refunded. Exceptions to this policy will be considered on a case-by-case basis.
- Cancellations must be made during regular East Senior Center hours, 7:30 a.m. to 4:30 p.m. Monday through Friday except holidays and closures.

REGISTRATION FOR WINTER 2013-2014

Note: early registrations will not be accepted.

- **Encore member registration** begins Tuesday, Nov. 5 by fax, on-line or in person.
- **Non-Encore member registration** begins Thursday, Nov. 7 by fax, on-line or in person.
- **Phone-in registration** begins Friday, Nov. 8.

Encore Membership Policy — Trips, Classes and Programs: Except where noted, the participant must be an active Encore member at the time of an event in order to register at the Encore price. Please be certain to enroll or renew the membership now to be eligible for the winter sessions.

- Be sure your registration form is accurate and complete. Incomplete forms take much longer to process.
- For courses and activities with a high level of interest, there is no guarantee of enrollment. A waitlist is available in these situations.
- Payment must be made at the time of registration. Make your check payable to “City of Boulder.” Cash, Visa, Master Card, American Express and Discover are all accepted.
- Confirmation receipts are emailed upon registration. Please notify the front desk reception if you would like the receipt mailed.
- A \$25 fee will be charged for returned checks.
- All programs are subject to cancellation if minimum enrollment numbers are not met.
- If an activity or class is cancelled by Senior Services, you will receive a full refund according to the initial method of payment. Note: Except for day trips, a credit may be requested.
- A household account credit will be given instead of a refund check for amounts less than \$10.

WHERE TO REGISTER:

West Senior Center

909 Arapahoe Ave., Boulder, CO 80302
303-441-3148 • Fax: 303-441-4149
Hours: 8 a.m. to 4:30 p.m.

East Senior Center

5660 Sioux Drive, Boulder, CO 80303
303-441-4150 • Fax: 303-413-7495
Hours: 7:30 a.m. to 4:30 p.m.

Online: www.boulderseniorservices.com, click on “online registration.” Encore memberships cannot be bought or renewed online.

REFUND AND CANCELLATION POLICIES

CLASSES AND ACTIVITIES: If you cancel an activity or class three or more business days prior to the event, full credit will be placed on the household account or a full refund given according to the initial method of payment. If a refund check is requested instead of a household credit, please allow two weeks for processing. If you cancel an activity or class fewer than three business days prior to the event, no refund will be given.

A credit balance on the household account may be used to pay for other activities or events in the magazine. If the household credit isn't used within six months, a refund will be issued according to the initial method of payment.

DAY TRIPS: If you cancel a trip is ten or more business days prior to the trip, full credit will be placed on the household account or a full refund given according to the initial method of payment. If a refund check is requested instead of a household credit, please allow two weeks for processing. If you cancel a trip fewer than ten business days prior to the trip, no refund will be given.

OVERNIGHT TRAVEL: Please refer to specific trip itinerary for **Leisure West Tours and Cruises** refund policy.

MESSAGE AND REFLEXOLOGY: See page 35 for policy.

ACKNOWLEDGEMENT OF RISK/WAIVER OF LIABILITY

By registering for 2013-2014 programs, I acknowledge that the activities carried on in these programs carry certain risks. These risks may include, but are not limited to, heart attack, stroke, circulatory problems, bone and joint injury, back injury, muscle strain and other muscle injuries, foot problems, head, neck and spinal injuries, altitude sickness, and heat stroke and heat exhaustion. I have independently reviewed and evaluated the risks and determined to engage in the programs with full knowledge and acceptance of the risks. If I choose to depart from the program itinerary I will inform the leader and release the City of Boulder from all liability; and participation in any program may be suspended until further notice. I may be photographed while utilizing the facility, or while participating in the City of Boulder's programs, and said photographs, or likeness of me, may be used to publicize activities as the city deems appropriate. I am aware of the activity level that is required of these programs and I believe that I am physically fit enough to participate.

Therefore, having read and understood this waiver and in consideration of your accepting my entry into a City of Boulder Senior Center facility or program, I for myself and anyone entitled to act on my behalf, waive and release the City of Boulder, all staff, volunteers, sponsors, and representatives from all claims or liabilities of any kind arising out of my participation in (or as a spectator of) any program or use of any facility.



Boulder Senior Services — Activity Registration Form

West Senior Center, 909 Arapahoe Avenue, Boulder, CO 80302, 303-441-3148

East Senior Center, 5660 Sioux Drive, Boulder, CO 80303, 303-441-4150

Name _____ Phone _____

Address _____ Apt. _____

City _____ State _____ Zip _____

E-mail Address _____ Birth Date ____ / ____ / ____

Would you like your receipt emailed to you instead of traditional mail? Yes No

City of Boulder Resident? Yes No

Encore Member? Yes No Expiration Date ____ / ____

Enter course code, activity name, date of activity and required fee below.

To add Encore membership to your registration, just circle the appropriate fee below.

Encore membership for City of Boulder resident	\$20
Encore membership for non-resident	\$25
Encore additional household member for City of Boulder resident or non-resident	\$10
Encore membership reduced rate for City of Boulder resident (See page 7)	\$10
Encore additional household member reduced rate for City of Boulder resident	\$5

COURSE CODE	ACTIVITY NAME	DATE	FEE

Please note any modifications you may need to attend trips or classes: _____ _____ _____	Subtotal	
	Subtotal from side two	
	Credit	
	Total	
Payment: <input type="checkbox"/> Check or Money Order Payable to City of Boulder <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> AmEx <input type="checkbox"/> Discover Card #: _____ Exp. Date: ____ / ____ CCV Number (3 or 4 digit security code) _____ Signature: _____	Please let us know who you would like your Emergency Contact to be: Name: _____ Phone: _____	



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With Kaiser Permanente Senior Advantage (HMO) and Kaiser Permanente Senior Advantage (HMO-POS), you may get more benefits and services than Original Medicare alone, which can help you stay healthy, active, and independent. So give me a call for more information—I look forward to talking with you soon.

Heidi Meier

Kaiser Permanente Sales Representative

1-877-410-7077

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For Customer Service, call **1-866-949-7162**

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Seven days a week, 8 a.m. to 8 p.m.

kp.org/medicare



Kaiser Permanente is a health plan with a Medicare contract. Eligible Medicare beneficiaries may enroll in a Medicare Health Plan and/or Medicare Prescription Drug Plan only during specific times of the year. For more information, please contact Kaiser Permanente. You must reside in the Kaiser Permanente Senior Advantage service area in which you enroll.

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SKU 12-D-SAAD1

FRIDAY AFTERNOON CONCERTS & ART SHOWS

Longmont Council for the Arts

November 15 The Verdoro String Trio

Leslie Stewart, violin; Margaret Miller, viola; Barbara Thiem, cello

Guest Artist: Nathan Pulley - Photographer

December 13 The Renaissance Project

Guest Artists: Members of the Longmont Artists Guild

January 17 CU-Boulder's Opera Theater Singers

Guest Artist: Judith Batty, Stained Glass

February 21 Musical Offerings for Three

Barbara Barber, violin, Cobus du Toit, flute, David Korevaar, piano

Guest Artist: Ron Willocks, Bird Photographer

Longmont Senior Center

910 Longs Peak Ave, Longmont, CO

1:30 art show & 2:30 concert

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www.artslongmont.org



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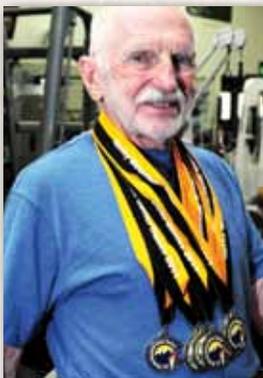
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